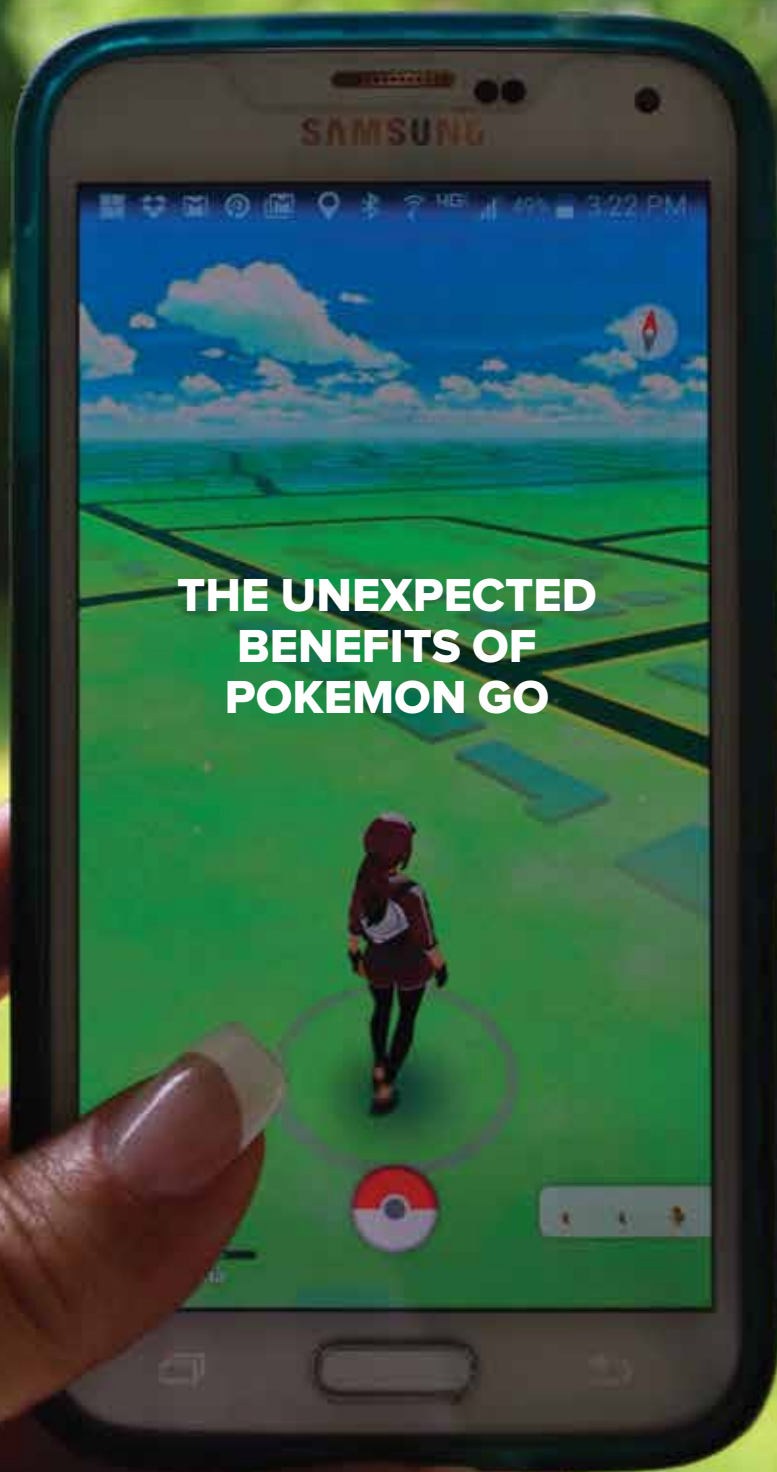


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Lakes, Bay & Region • July 30 2016



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The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email your reports and pictures to Editor Dan Fidler via:

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The Brisbane River as seen from Kurilpa Bridge

Turning the Brisbane River blue

The Nile is known for its length, the Amazon for its girth, and the Brisbane River for its murky brown colour, but one University of Queensland researcher is working to make it crystal clear.

UQ School of Civil Engineering PhD student Jesper Nielsen is completing a world-first study collecting river turbulence data using a device mostly built by himself.

He hopes data from the study, which began in June, can be used to help clean up the murky river.

Mr Nielsen said no one had ever collected accurate turbulence data from the river bed all the way up to the surface.

"The only data available of river turbulence was taken either from a single point in the water column or in lab experiments," he said.

"Why we do not yet know how to perform this transformation is no mystery - estuaries are complicated," Mr Nielsen said.

"What is also complicated is the collection of field data in estuaries as they are deep, fast flowing and tidal. This was why I have designed and fabricated the "Turbulence Tower", capable of collecting this elusive data."

Mr Nielsen said constructing the device was a challenge. He spent months designing and testing in hydraulics laboratories — even making his own custom-electronic circuitry for his 'turbulence tower' device.

The contraption consists of a 10 metre vertical mast supported on a legged base which sits on the river bed.

Mr Nielsen said it sounded simple, but needed structural aluminium, engineering plastics, precision machining, high-strength magnets, robotics, radio communication, an inflatable salvage bag— and the list goes on.

Mr Nielsen said it was vital that the mast remained perfectly still as the instrument used to measure turbulence was attached to it, and any movement would confuse the measurements.

"The tower should be able to collect lots of high quality data," he said.

"I really hope this information can be used to figure out how to clean up the Brisbane River.

"A clear, healthy river is beneficial for wildlife and for all the people

who use the river or live near it."

After successful testing of a five-metre version in the Brunswick Heads River, a full 10-metre turbulence tower has been deployed and tested in the Brisbane River.

For his efforts, Jesper has taken home the Research Award at the 16th annual Healthy Waterways Awards 2016 for his world-first research and his paper will be presented at an international conference in America next year.

The Healthy Waterways Awards is a leading community, industry and environmental awards program in South East Queensland, inspiring people to make a genuine and lasting contribution to the protection and improvement of our waterways.

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Body Worn Cameras for local Police

Great news for the public and Police Officers but bad news for crims as the State-wide roll out of body worn cameras began last Friday

Following a successful trial on the Gold Coast the roll out is expected to be completed by November this year and is the fourth largest roll out anywhere in the world.

More than \$6 million has been allocated over three years to provide Body Worn Cameras (BWC) to frontline police.


"Frontline officers at key locations across 26 south-east Queensland, central Queensland and north Queensland police stations will now be equipped with cameras which greatly assist in dealing with serious incidents such as alcohol-fuelled violence and domestic and family violence through enhanced evidence gathering," said Police Minister Bill Byrne.

"Specialist teams including tactical crime units, rapid action and patrol groups, the Railway Squad, Dog Squad and the Road Policing Command will now also benefit from BWCs."

"Extra training will be provided to officers to ensure they are able to make the best use of BWCs and the new storage system," said Police Commissioner Ian Stewart.

The roll out is expected to be completed by November, 2016.

Among the first areas to receive the cameras are Caboolture, Deception Bay, Redcliffe, Burpengary, Fortitude Valley, Brisbane CBD, Petrie (including North Lakes), Boondall and West End.



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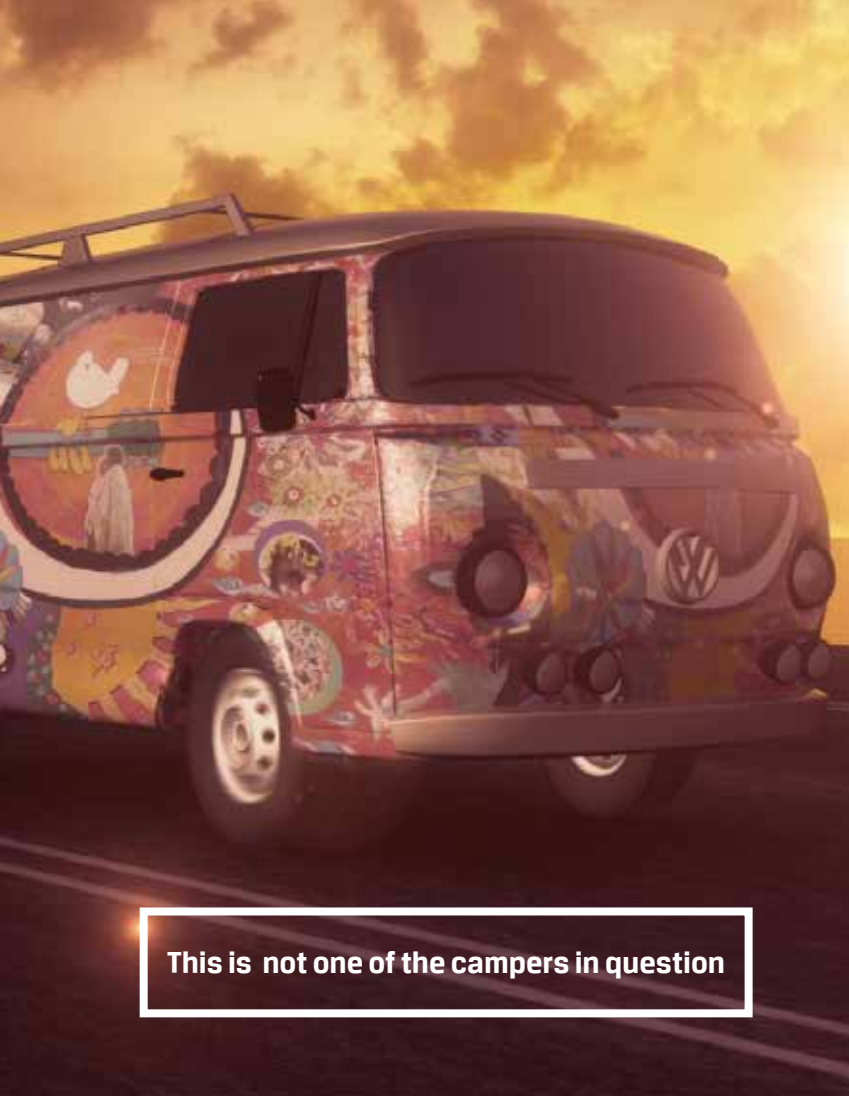
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Campers Targeted

Moves to curb offensive advertising slogans from *those* campers

The state government has moved to get offensive slogans on *those* controversial vehicles removed from Queensland roads. We're not going to promote them here, you know who we're talking about...

The plan to get the sexist, misogynistic or otherwise inappropriate messages off Queensland roads required extensive cooperation between the Department of Justice and the Attorney-General, the Department of Transport and Main Roads, and the Advertising Standards Bureau.

The campers have been the subject of frequent complaints to the Advertising Standards Board, but these complaints have been ineffective because there were no enforceable penalties for the complaints, the company simply ignored them.

Now the cooperative solution, that imposes minimal additional regulatory burden, will deregister the vehicle if action isn't taken by the company after complaints.

"Under the new arrangements, commercial vehicle registration holders who fail to comply with determinations by the Advertising Standards Bureau will face the prospect of having the registration of offending vehicles cancelled," said Attorney-General Yvette D'Ath.

RACQ has welcomed the crackdown with Executive General Manager Advocacy Paul Turner saying:

"This company was founded in and runs out of Queensland, it's our job to make sure we help clean up the mess for good."

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Teens taking big risks in Cars

Startling RACQ data a wake up call for parents and teens

RACQ research has revealed almost 40 percent of Queensland teens have been in a car with a driver who was over the legal alcohol limit, while one in three has taken a selfie while driving.

RACQ Executive Manager Community and Education David Contarini said the data, released as part of the RACQ's ground-breaking Docudrama education program, was a confronting snapshot of the lives of young Queenslanders.

"This is scary stuff for parents of teenagers and it's incredibly worrying to see them placing themselves at risk like this," Mr Contarini said.

Mr Contarini said data also showed 75 percent of the students surveyed admitted they had been in a situation as a passenger where they believed they might die.

"Our education program is dedicated to making students aware their actions in the critical 20 seconds of a risky situation could have consequences for the next 20 years. It's about making the smart choice in any scenario they might face," he said.



"We also teach an 'in the boot' message for mobile phones, which recognises that while mobiles are an essential part of any teen's life, they need to be completely out of the reach of temptation when driving.

"We hope this is a wake-up call to all parents to have the conversation with their kids about their strategy to get home safely."

Mr Contarini said RACQ encouraged parents to discuss the 'no-questions-asked' phone call option to ring Mum or Dad at any time, day

or night without question.

"We know that any parent would rather take a phone call in the middle of the night than receive a knock on the door from emergency services," he said.

The free RACQ Docudrama program, funded by the Queensland Government through the Department of Transport and Main Roads, is delivered to more than 50 schools across Queensland each year.

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New public transport fares

The Queensland Government has announced its response to the SEQ Fare Review with new fare prices and a new eight zone network for South East Queensland.

Previously we reported on your opportunity to have your say on fairer fares (Messenger November 14, 2015) and the results are now in, so what's changed and how will this affect you?

The review taskforce presented 17 recommendations to the Queensland Government who responded with these changes. From January 2017 the changes to be implemented are:

- reduced fares for all zones including reducing the cost of one zone local trips to \$3.20 (adult go card)
- reduced number of zones from 23 to eight wider zones, making local travel more affordable
- weekday morning off-peak period will be extended to 6am
- free weekend travel for children aged 5-14 travelling on a child go card

There's a lot of good news but sadly the '9 and free' Go Card trips policy has been scrapped in favour of '8 paid journeys and 50 per cent off subsequent journeys per week'.

You can calculate your new fare online here: <http://jp.translink.com.au/fare-review>



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stop focusing on what your ex is doing

Dear Leonie,

I feel like a terrible person and I really want some advice where I'm not judged. I have been to see a counsellor who is associated with my church and she made me feel like a wretch but I have been following you and find myself wondering what you would say about my situation.

I was married to a great guy for 18 years. However in 2011 we divorced because I felt that I didn't love him anymore and the kids were in Uni. He begged me to stay and so did our kids but I was just so unhappy. So we had the property settlement and he bought me out of the family home. He has recently sold that and bought a new place in North Lakes.

I currently live in a bit of a rundown house at Redcliffe because I didn't and still don't have the same earning capacity as my ex husband. I say ex but in my eyes he will always be MY husband.

My son has now told me that he is serious about another lady and my kids just love her: but bear in mind they haven't lived with her and that is the real test. Apparently she is also well off and they will have a well funded retirement so he goes on to live like a king and I am just getting by.

I've asked my son to talk to my ex to see if there is any chance to meet for coffee because his father won't take my calls and he has said that he won't get involved. So now I'm full of regret because this new woman is going to get this great husband and a lovely house near the lake and I am here with nothing.

I have humbled myself and asked him to reconcile but he said I made my bed and have to lie in it but surely everyone deserves a second chance. I just want my old life back and the kids are telling me to leave their dad alone because he was so miserable and now he's happy and all that. What can I do?

Bernice/Redcliffe

Hi Bernice,

You are not the first to regret leaving a person only to see them prosper and move on to greater happiness.

Think of George Herbert's old adage "Living well is the best revenge" Your ex has picked himself up, made new plans for the future and is indeed living well. My view is that there is nothing you can do regarding your ex husband and the loss of your past marriage but there is a lot you can do to save your integrity and the way your children see you now and in the future.

A reasonable person would ask why it has taken you five years to decide that you want to reconcile with your husband. Why is it only when he buys a lovely home and finds a lovely lady to spend his life with do you suddenly want a second chance. You don't want to be judged but you can't ask anyone for an opinion on your circumstances without them having to form a view as to what is driving your need to interfere with your ex's plans.

Is it really your ex that you want back or is it really only the lifestyle he can provide. You spoke of a profound unhappiness that drove you to end the marriage; if this unhappiness was so great, why would you even consider going back? I also feel that you are putting your son in an unfair position and regardless of the age of our children, we should leave them out of our relationship issues. Look people make mistakes and there are very few of us who get through life without at least a few regrets.

My advice is to realise that your marriage is over and to start working on your own future instead of investing all this energy into fretting over what you have lost and what this other lady has gained.

If you want a great companion and a good lifestyle you need to take steps to make this happen. I feel that a healthy first step would be to stop marinating in the past and focusing on what your ex is doing.

George Herbert had another quote that I feel is very apt here "Storms make oaks take deeper root" and I feel that this quote could be very informative regarding your situation. Learn and grow from the experience and leave your ex to pursue his life in any way he chooses.

Til next week, Leonie :)

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.

For appointments please phone 3886 2715 or 0423 653 841

Relationship Intensive Care - A practical guide to saving and maintaining your relationship

Leonie delivers advice about struggling with a sick relationship and delivers (in a way only Leonie could) an easy to understand plan to repair that relationship.

Relationship Intensive Care is available as both a hard copy and EBook from www.northlakescounsellingservices.com.au or Dymocks North Lakes. The hard copy is \$29.95 (+ \$7.00 postage and handling) and the EBook download is \$14.95.



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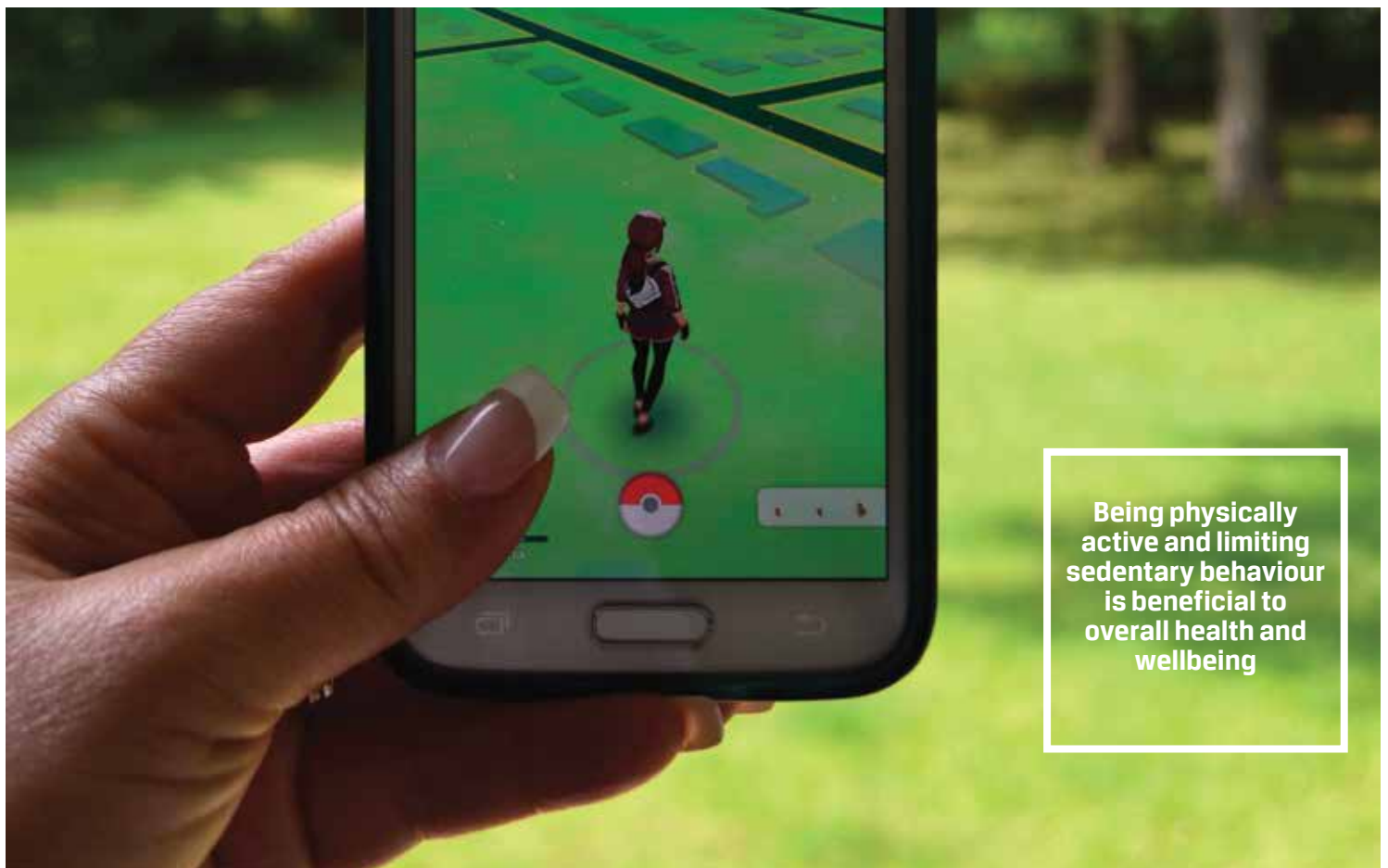


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Being physically active and limiting sedentary behaviour is beneficial to overall health and wellbeing

Pokemon Go reported to benefit body and mind

While it has attracted some criticisms, players and experts alike are beginning to cite the unintended physical and mental health benefits of playing Pokemon Go.

WRITES DR ANITA, BRISBANE NORTH PHN

Pokemon Go represents the latest advances in augmented reality, whereby the app uses the phone's GPS and camera to turn the surrounding area into a gaming environment.

Quoted on the ABC's Hack program, Greg Wadley, a lecturer in computer science at University of Melbourne who specialises in technology for mental health and wellbeing, said "There are definite mental health benefits to playing games."

"That way of taking a break and letting the mind think about something different is better than smoking cigarettes or drinking alcohol which is what lot of people do to de-stress," Mr Wadley said.

Many players have taken to social media to sharing stories about how the game has brought them together with other like-minded people, increased their social

interaction and fostered a sense of belonging to the Pokemon Go community.

Professor Daniel Freeman of the department of psychiatry at Oxford University was quoted in The Independent on the rise of augmented reality games such as Pokemon Go and the benefit for those experiencing mental illness.

He believes that clinical tests are needed to prove the potential of augmented reality, but allows: "It could be used to refocus your attention away from threat by getting you immersed in engaging activity, or it could be used to present the things you fear for long enough to help your anxiety naturally decline. Combine the right psychological science and augmented reality and you'll have a really powerful treatment tool."

Being physically active and limiting sedentary behaviour is beneficial to overall health and wellbeing.

Studies indicate that being more physically active will reduce your risk of chronic conditions (like cardiovascular disease and type 2 diabetes) and some cancer.

While traditionally video and computer games have been synonymous with a sedentary lifestyle, augmented reality applications such as Pokemon Go are challenging this notion and getting gamers off the couch and into the outdoors.

Regular exercise helps maintain and improve your blood pressure, cholesterol and blood sugar levels, prevent unhealthy weight gain and help prevent and manage mental health problems.

Pokemon Go players have to walk varying

distances to engage with the game, racking up more steps per day than they may have otherwise taken.

The Australian exercise guidelines state that adults should undertake 150 minutes of moderate activity per week, comprised of at least 30 minutes of activity daily, on at least five days a week.

Alternatively 75 minutes of intense physical activity in a week delivers similar health benefits.

In the PHN region, 59.1 per cent of adults are undertaking sufficient activity for health benefit (aged 18 – 75 years) which is comparable to Queensland (58.9 per cent).

Augmented reality games might not be for everyone, but we cannot ignore their potential to shape the future of preventive health interventions.

Although the health benefits for those who may otherwise lead a sedentary lifestyle cannot be ignored, playing Pokemon Go shouldn't be a substitute for regular exercise.

Despite the benefits, people should be aiming for 30 minutes of activity every day in line with the Australian exercise guidelines.

ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.





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Council News with Julie Greer

Representing North Lakes, Mango Hill, Griffin and parts of Kallangur and Deception Bay



Hello everyone,

Rothwell Intersection Upgrade

The Rothwell Intersection Upgrade (RIU) is a joint federal, state and local government initiative. The upgrade will convert the existing roundabout at Deception Bay Road and Anzac Avenue to a signalised intersection and will deliver an improved intersection and relieve traffic congestion. The design will include signalised pedestrian crossings, shared user path and designated cyclist lanes.

Construction has commenced with vegetation clearing already underway. The estimated completion time is late 2017.

Receive your rates online via embrc

Residents in the Moreton Bay Region can now register to receive their quarterly rates notices online with the official launch of embrc on July 1. Embrc is an online platform available on council's website, which allows ratepayers to opt-into receiving their rates notices in the form of a .pdf via email.

With embrc, residents now have a number of options when it comes to receiving rates, including via mail, MyPost Digital Mailbox and BPAY View. This new email option, which residents can opt in and out of, will give them even greater choice and convenience, in addition to payment reminders. embrc gives residents the ability to receive rates notices in real time on their desktop computers, laptops or smartphone devices, from anywhere with internet access. To register, or for more information on embrc visit www.moretonbay.qld.gov.au/embrc

2016 Older & Bolder Program

As people grow older, an active lifestyle is more important than ever. The Older & Bolder program gives individuals looking to stay active and healthy an opportunity to venture, learn, defy and connect with over

350 free and low cost activities delivered right here in the Moreton Bay Region and is available to residents who live in the Moreton Bay Region and are 50 years and over. Bookings are essential and commence 9am Tuesday 16 August 2016. For more information visit www.moretonbay.qld.gov.au/olderbolder

MHANLEG (Mango Hill & North Lakes Environment Group)

Monthly Bushcare Event at North Lakes Reserve
Saturday 9am – 12am : Next event 13 August
Meet at Danzy Buchanan Park, Chermiside Road, Mango Hill village.

This is a great event for all ages and families helping to restore our native bushland for the benefit of the local wildlife and community and giving people the opportunity to learn about our native plants and noxious weeds. Please wear long trousers and closed toe shoes and bring gardening gloves if you have some.

My next visit to the North Lakes Library will be on Wednesday 3 August from 10am – 11am. Come along if you have any Council issues you would like to discuss with me.

If I can assist any resident further with any matters please call me.

Julie Greer, Councillor for Division 4 Moreton Bay Regional Council.

PO Box 159 CABOOLTURE QLD 4510. Council : 3480 6666. Office : 3480 6705. Mobile: 0409 274 517. Email: Julie.greer@moretonbay.qld.gov.au.

FOR 24 HR EMERGENCY ASSISTANCE FROM COUNCIL CALL 3480 6666.

Upcoming Events

The Moreton Bay Region has many events and activities on offer, for a variety of ages. Visit www.moretonbay.qld.gov.au to start exploring the Moreton Bay Region.

What's Cooking in the Gardens
Sunday 7 August 9am – 3pm
Redcliffe Botanic Gardens, George and Henzell Streets, Redcliffe
Gold Coin Donation entry

Enjoy an array of delicious food, wine, gardening gurus, cooking demonstrations, workshops and much more. For more information and full program visit www.moretonbay.qld.gov.au/events

PetSmart - Animal Microchipping
Sunday 21 August, 9am to 12 noon
North Lakes Town Park, Lakefield Drive North Lakes

Council is holding \$20 microchipping throughout the region and is inviting residents to bring their dogs & cats along to be microchipped (no booking required).

Cost: Registered pets - \$20 microchipping, Unregistered pets - \$20 microchipping plus pro-rata registration fee

**costs include the microchip, submission to Global Micro Animal Registry and Council registration if require.

Please bring hat, drink, poo bags and ensure all dogs are on a lead and all cats are in a secure cage.

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WHAT'S ON

Our guide to what's on

Easily submit your event on our homepage

www.northlakesmessenger.com.au

WOMAN SOUL - PHOTO EXHIBITION PORTRAITS

Date: Saturday 30 July, from 7:30pm

Location: Studio 2, Mon Komo Hotel, 99 Marine Parade, Redcliffe

Cost: \$25

The photographic exhibition with the main theme of Woman Soul will also function as a fundraising event for the National Breast Cancer Foundation. Bring along friends to make this great cause and evening a success! Opportunities for networking, live music, with hors-d'oeuvres served.

Contact me for any additional information.

RSVP by email or SMS to Luc Van Hoorick via vanhoorick@gmail.com or 0400386686

NATIONAL TREE DAY MURRUMBA DOWNS

Date: Sunday, 31 July 2016 9:00am to 11:00am

Location: Yvonne Barlow Park, Ogg Road, Murrumba Downs

Cost: Free

National Tree Day is an important event that can improve habitat for native flora and fauna. The event is being held by Moreton Bay Regional Council.

This is a great opportunity to get your hands a little dirty, plant a few plants, and meet your local community. On the day you can also meet your local Environment Officer - Conservation, if you wish to continue protecting and enhancing the North Pine River. Volunteer RSVP to: Wendy Heath Phone: 0409 268 838.

GIVEABILITY DAY

Date: Saturday 6 August, all day

Location: Westfield North Lakes

Cost: Please give generously

GiveAbility Day is an annual fundraising event that supports families of children living with disabilities in Australia. The day will see centres host nation-wide fun-filled events and activities to entertain the family, with Westfield matching all donations capped at \$250,000, and 100 percent of proceeds going directly to local charities.

Activities at Westfield North Lakes include an animal farm, face painting, raffle and a BBQ.

All donations on the day are going to the Cerebral Palsy League

PINE RIVERS MODEL TRAIN & HOBBY SHOW

Date: 6 - 7 AUGUST, 2016, 9am to 4pm

Location: Strathpine Community Centre, 199 Gympie Rd, Strathpine

Cost: \$7 Adults, Conc. \$6; Child \$2, Family \$17.

Annual event for the Railway Modeller's Club of Qld, showcasing various hobbies to the public. There will be 30 layouts, displays and retail outlets at the show. There is also a canteen for food and drinks.

UQ ST LUCIA OPEN DAY

DATE: SUNDAY, 07 AUGUST 2016 9:00 AM - 3:00 PM

LOCATION: UQ Centre, St Lucia Campus

Cost: Free

Learn how to plan a successful QTAC application, hear about scholarships and exchange opportunities and get tips from current university students. Visitors to Open Day can explore the St Lucia campus, check out the world-class facilities, learn more about the unique courses and career options at the UQ Centre information hub, meet inspiring teachers and staff and experience the vibrant campus lifestyle. More info: www.uq.edu.au



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Call For Young Creatives!

I am a 16 year old student and I am considering starting a North Lakes-based group for anyone aged 13-18 who is interested in creative writing, photography, making art or music or films and wants to collaborate/chill with like-minded young people in their area.

We would most likely be meeting up at the North Lakes Library and once a week.

For the moment I am just finding out who is interested.

If this sounds like fun to you please email me at northlakesyouthcreatives@gmail.com with your first name, age and preferred weekdays to meet up on.

Nikki Evans

Police Crash Party

My husband surprised me with an amazing birthday party for my sixtieth last weekend. There must have been fifty guests all enjoying themselves with Karaoke in the back yard when suddenly the local police arrived amid it all asking at the front door for the owners of the house.

I quickly introduced myself as a well known business woman from the area and informed them that it was my birthday party which was cemented by about twenty friends peering out from behind me. The officers found it difficult to hold back their smirks realising the age of party-goers while retreating.

To add to the embarrassment my thirty year old daughter who'd had her party there earlier said gee mum funny how your party attracted the police and mine didn't, what does that tell you?

To the neighbours who complained, get a life.

Well known citizen.

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Your Stars



Aquarius Jan 21-Feb 19: You may have no patience for limits, but others are invested in them, colleagues will broaden their horizons if you respect where they are coming from.



Pisces Feb 20-March 20: Don't let someone else's decision hobble you. You've wasted enough time reviewing pros and cons. It's time to move forward.



Aries March 21- April 20: It's time to roll out the welcome mat. There's a new influx of people entering your life and you'll want to adopt an open door policy.



Taurus April 21-May 21: Just because someone else is in the driver's seat doesn't mean they know where they are going. Your familiarity with the lay of the land makes you invaluable.



Gemini May 22-June 21: Forgive and forget is your mission statement for this week. Help someone who's fumbling with an apology or an awkward confession. You'll both be glad you did.



Cancer June 22-July 23: That big conflict you were expecting is swiftly resolved. Evidently the other party didn't have the stomach for a fight either.



Leo July 24-Aug 23: Your mood is bright this week, and this puts you in a much better frame of mind to consider the next move.



Virgo Aug 24-Sept 23: You're uncomfortable crossing a certain line but if you side with your hopes rather than your fears you'll see everything work out for the best.



Libra Sept 24-Oct 23: You're put off by someone's aloof manner, but keep trying. Once you get passed the outer shell, you'll win a friend for life.



Scorpio Oct 24-Nov 22: The other party may have nothing to offer, but find something if you want a compromise to work. Begin with the fact that they exist.



Sagittarius Nov 23-Dec 21: It's your nature to be generous- even when settling accounts with those who crossed you. But be guarded.



Capricorn Dec 22-Jan 20: Although you know its futile trying to get someone to see reason, try. Who knows? What you say may sink in.

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Mike and Dave Need Wedding Dates

Directed by Jake Szymanski this comedy film rocks along the same path many comedies have taken – lots of laughs and as long as you don't expect a grain of seriousness from it you'll be entertained.

The story line (which I am led to believe is based on a real event in a family) is about 2 brothers Dave (played by hunky Zac Efron) and Mike (is played by the increasingly popular Adam DeVine).

The family know the boys' behaviour is often out of control so the parents sit them down and insist they get dates with two respectable girls to take to their sister's Hawaiian wedding. The plan is the brothers will behave themselves and be a credit to the family. (Of course the audience knows there's no chance of that).

After posting a video asking for two young women to accompany them to the wedding it is seen by Tatiana (Aubrey Plaza) and Alice (Anna Kendrick). They apply for the role having been tempted by the free trip to Hawaii. The twist is the two beautiful girls are more unruly than the brothers and mayhem ensues.

Anna Kendrick, I have seen in movies previously in a limited way, however I would like to see her starring in a serious drama – there is something interesting in her presentation that is yet to be tapped.

Overall this movie is rude, crude and hilarious. Easily offended people, who can't lighten up, should be turned away at the ticket office but for most of us it is an hour outrageous fun and a quick way to get into a brighter and funnier mood.

I'm giving it 3 stars.

see more at www.facebook.com/AngeDeanFilmReviewer

THEY ARE BACK AGAIN WITH A VENGEANCE!

With all the recent rains, home owners are noticing Funnel Ants breaking ground. Funnel Ants are distinctive through the dirt mounds they create as they clear out their nests after it has rained. They aren't aggressive; however, they can be quite destructive to the yard and soil beneath.



If you do notice the Funnel Ant mounds popping up around your yard, call Sandgate Pest Control straight away to organise a treatment. If you choose to wait, the problem will spread and will be much harder to eradicate as the ants will become more entrenched. When completing a treatment a Sandgate Pest Control technician will ensure each individual nest is treated. At the end of a two week period you will notice the ants disappearing and your yard starting to grow the luscious green grass you had before.



To book in a Funnel Ant Treatment please call Sandgate Pest Control on 3269 6198. For more information please visit our website at www.sandgatepest.com.au

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The heartbeat of our Church is people, both those who are already a part of our Church family, and those in this great community. **We want to invite you to come and be our Guest at one of our Service.** If there is anything else you need please don't hesitate to contact us, we would love to help you in anyway.

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More Moreton Bay residents to connect to the SEQ Water Grid for first time

100,000 more Moreton Bay residents will soon be connected to the South East Queensland Water Grid for the first time, as part of a \$16.5 million capital works investment in the region's water supply network.

Minister for Water Supply Mark Bailey said the project, joint between the State Government-owned Seqwater and water retailer Unitywater, highlighted the reliability of the SEQ Water Grid.

"This project will support up to 50 direct jobs during construction and connect an additional 100,000 people to a continuous water supply from the SEQ Water Grid," Mr Bailey said.

"The SEQ Water Grid consists of more than 600 kilometres of bulk water supply pipelines, enabling treated water to be moved around the region to where it is needed most."

Member for Pine Rivers Nikki Boyd said the project would involve decommissioning the old Petrie Water Treatment Plant and constructing a new \$16.5 million pipeline connection into the grid.

"The Petrie plant will continue to operate until the new pipeline is constructed and ready for use," Ms Boyd said.

"The completed pipeline will be 2.4km in distance and construction will be undertaken by Unitywater. Construction is planned to start in September."

Member for Kallangur Shane King said the new pipeline is expected to be operational by the end of 2017.

"It will service Dakabin, North Lakes, Mango Hill, Kallangur, Murrumba Downs, Griffin, Petrie, Lawnton and Strathpine," Mr King said.

"This upgrade will ensure that our water supply capacity will meet the future needs of these growing communities."

Seqwater Chief Executive Officer Peter Dennis said a detailed assessment demonstrated taking the Petrie plant offline and connecting residents to the grid was the most cost-effective and operationally efficient option for the future.

"The treatment plant was built in the late 1950s and does not have the capacity to meet future supply needs without a significant upgrade, so we worked with Unitywater to

examine possible solutions," Mr Dennis said.

"While the residents will be supplied primarily from the larger North Pine Water Treatment Plant once the project is completed by connecting to the grid we will also have the option of supplying these towns and suburbs with water from other treatment plants in greater Brisbane and the Sunshine Coast."

It will service Dakabin, North Lakes, Mango Hill, Kallangur, Murrumba Downs, Griffin, Petrie, Lawnton and Strathpine

Unitywater CEO George Theo said it was a significant project for both water businesses. "Not only is this the first time Unitywater and Seqwater have collaborated on a major construction project, it gives a growing community certainty that we can meet their water needs at the best value into the future," he said.

"We might come from different ends of the water supply system in South East Queensland, but we share a common goal: to provide a safe, secure and cost-effective water supply to the residents in our growing communities."

FYI, Unitywater's planned maintenance for Griffin, North Lakes and Mango Hill is now complete. The maintenance saw crews inspecting local valves in the water network during the day



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Leonie's Relationship Intensive Care is available as both a hard copy and Ebook from her website or Dymocks North Lakes.



The North Pine Dam, also known as Lake Samsonvale, belongs to the North Pine River watercourse at Petrie.

Completed in 1976, it's a concrete gravity dam with earthfill embankments and a gated spillway that has a capacity of 214302 megalitres (one megalitre = 1 million litres).

It's also a popular recreation location and the controlled releases are spectacular. You can find out when the controlled releases are planned by visiting www.seqwater.com.au



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Real Estate

Receive your rates online via embrc

Residents in the Moreton Bay Region can now register to receive their quarterly rates notices online.

Moreton Bay Regional Council's embrc is an online platform available on council's website, which allows ratepayers to opt-into receiving their rates notices in the form of a .pdf via email.

Council's Corporate Services Spokesperson Councillor Adrian Raedel said embrc is live and signing up is as easy as hopping onto embrc, selecting your property, confirming your details

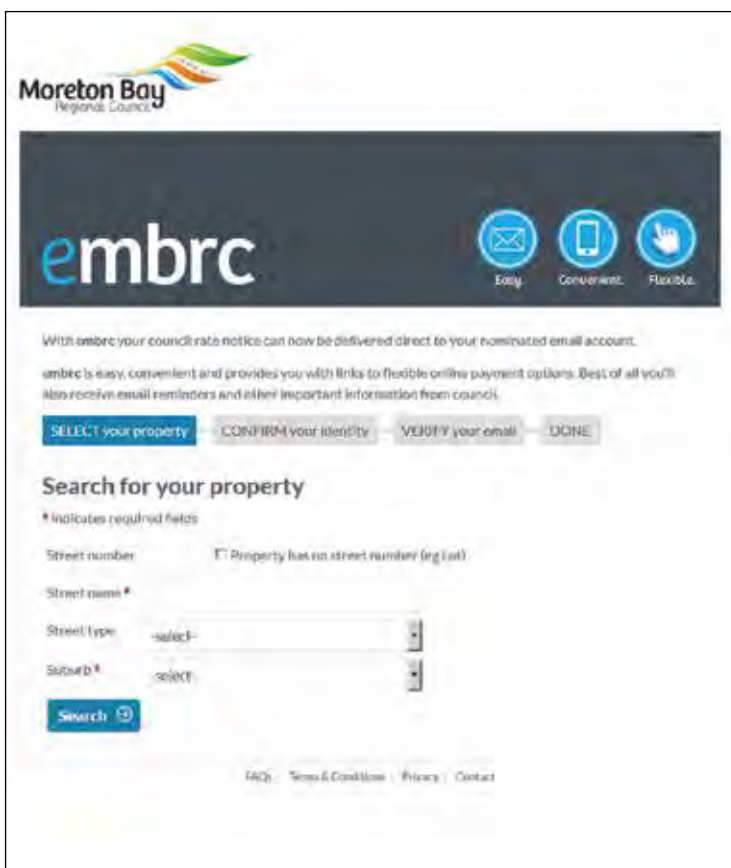
and nominating your email account.

"With embrc, residents now have a number of options when it comes to receiving rates, including via mail, MyPost Digital Mailbox and BPAY View. This new email option, which residents can opt in and out of, will give them even greater choice and convenience, in addition to payment reminders," Cr Raedel said.

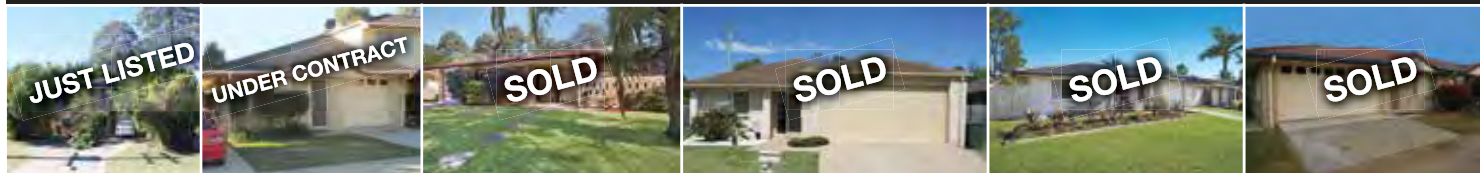
"embrc gives residents the ability to receive rates notices in real time on their desktop computers, laptops or smartphone devices, from anywhere with internet access.

"The embrc platform is available to all ratepayers in the Moreton Bay Region, but is particularly useful for residents who travel or don't have regular access to their physical mailboxes."

To register, or for more information see www.moretonbay.qld.gov.au/embrc



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McCarthy Magic

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Open Home

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North Lakes really is a great place to raise your kids. To wet your appetite, this property boasts a Master Bedroom with walk in robe and ensuite, built ins to all the other bedrooms, raked ceilings, security, air conditioning, double remote lock up garage, while also being fully fenced.

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Kerry Marks

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Spacious Family Home in Cul-de-Sac

This fantastic four bedroom plus study home features three extra large, separate living areas, 699m2 block and plenty of room for your swimming pool. It also features high ceilings, air conditioning, extra-large windows and doors, large tiled alfresco (North facing) and much more.

Features Include:-

- Master King size bedroom with ensuite and walk in robe & air conditioning
- Three remaining bedrooms with built in robes
- Study/5th bedroom at the entrance with built in robe
- Spacious kitchen with stainless steel appliances, dishwasher, separate cooktop and separate oven, pantry and lots of cupboard and bench space
- Large open plan dining room with air conditioning, overlooking the alfresco
- Formal lounge and dining room
- Rumpus Room also with access to the alfresco
- approx 9ft ceilings add to the spacious feel of the home
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- 4 Large bedrooms, Master with large WIR, large shower & twin robe
- Large family room & separate living
- Spacious Dining/Meals area
- Stunning kitchen, an abundance of bench & cupboard space
- Under-roof entertaining deck & pool

Sale

\$649,000+

Darren & Lisa Suhle

0400 197 529

View Saturday 10.00 - 10.30am

damien.suhle@raywhite.com

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4 Bed, Multiple Living, Superb Kitchen, NBN & Drive-Thru Garage!

The instant you step inside, you will notice the beautiful lines of this stunning home! The stylish portico & formal entrance sets the scene with a wide entry hall leading through the centre of the home to the rear alfresco, flooding the spaces with natural light and serving to create bright and breezy areas in which to live and relax.

Offering spacious, sophisticated living this stunning home represents value for money at its absolute best! The thoughtful, modern design boasts two centrally located large living areas that provide for the family to come together for casual meals and entertainment, yet still ensures each family member can enjoy their own private space.

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\$499,000+

View Saturday 1.00 - 1.30pm

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750m2 in Capestone, get in quick!!!

James Hollis is excited to present what might just be, the sexiest home for sale in Capestone! This simplistic yet artistic 4-bedroom family home, has EVERYTHING a stylish family could ever want! The best bit, a 750m2 block! Watch the video on the home that leaves nothing to be desired for a more detailed look, before you book a private inspection.

Don't forget a home boasting such exceptional presentation and quality finishing's throughout won't be around for long. This home genuinely provides plenty of living space with a modern lifestyle layout. Open plan living and dining areas are connected by the stylish, well designed and spacious kitchen that offers an abundance of storage and bench space.

Sale

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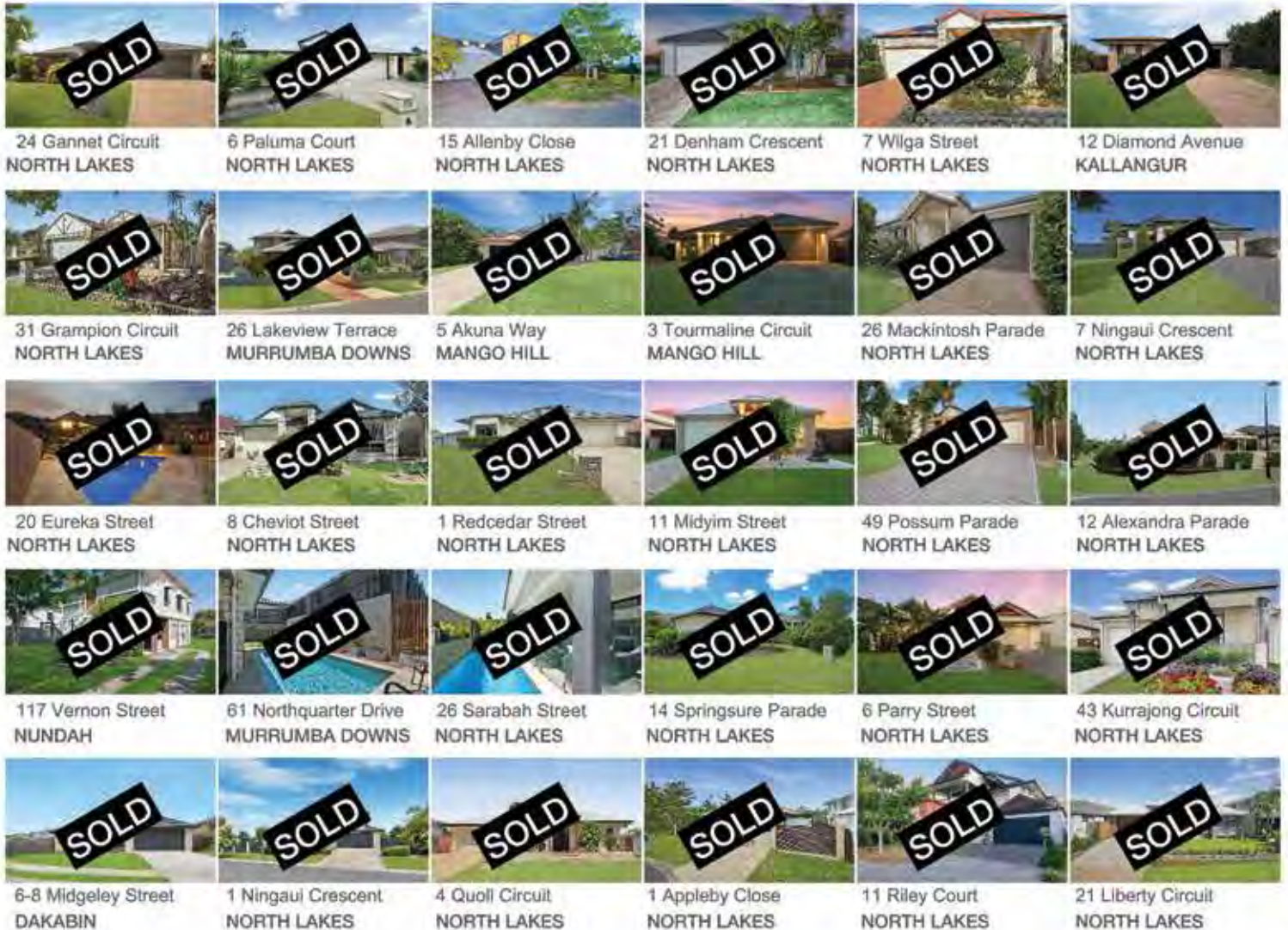
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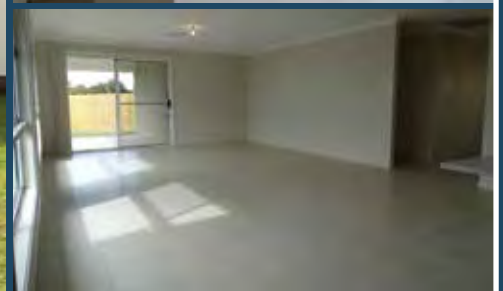
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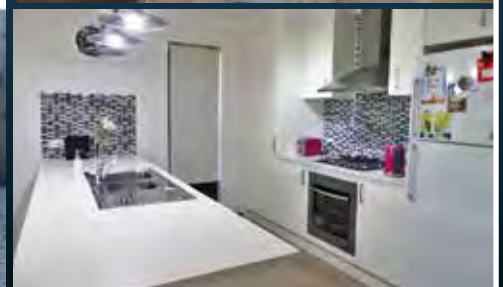
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9 Rosemead Street, North Lakes



This beautifully designed Metricon home, has ducted air conditioning and is in Club North. It has two separate living areas and a walk in butler's pantry. It won't last long so contact us today.



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Make sacrifices to buy property

Five money-saving tips to get you into your new property sooner

According to Mortgage Choice's annual Investor Survey, 69.4% of investors admitted to making sacrifices in order to buy property – up from 68% in 2015.

Mortgage Choice chief executive officer John Flavell said with property prices rising across most markets, he wasn't surprised to hear a greater percentage of investors were forced to make lifestyle sacrifices in order to buy property.

"Data from CoreLogic found property values climbed 8.3% across the combined capital cities over the last 12 months," he said.

"While some capital cities performed better than others in terms of property price growth, it is fair to say that most markets

have enjoyed an upswing in values over the last few years.

"With that in mind, I am hardly surprised to hear investors are having to make sacrifices in order to achieve their property investment goals."

When asked what sacrifices they had made to afford their property

purchase, 57.9% of respondents said they had cut back on their day to day spending.

"While it is never easy to cut back on day to day spending, there are a few ways most people can easily reduce their spending and increase their level of savings," Mr Flavell said.

For those looking to cut back on their spending in order to achieve their property ambitions or savings goal faster, Mr Flavell said there are five easy steps people can take.

Tip 1: Pack a lunch

Taking leftovers or a homemade lunch to work every day can help people save more money than they think. A bought lunch can cost as much as \$15 a day. That's \$75 a week or \$3,900 a year. If that money was invested into a high interest savings account for example, a person could be over \$4,000 wealthier each year.

Tip 2: Live off cash

A great way for people to avoid overspending is to set themselves a cash budget. The key is to plan exactly how much you need to spend each week to cover all expenses and then withdraw that amount in cash at the beginning of each week. By living off cash, people will be less likely to charge unnecessary costs to their eftpos or credit cards.

Further, they can avoid incurring costly ATM fees by using the wrong bank teller. According to data from RateCity, 40% of all ATM transactions are being done at 'foreign' ATMs, costing

Australians approximately \$548 million in avoidable fees a year.

Tip 3: Ask for discounts

While asking for discounts can feel like an uncomfortable task, it is worth doing. For those people who have been with the same gym for some time, it may be worth calling head office and asking if they can reduce the regular payments. This simple task could end up saving you \$5 a week, or \$260 a year. While it may not sound like a lot, when it comes to saving, every penny counts.

Tip 4: Shop around

Many people will choose a health insurance or car insurance provider and then stick with them year after year. While there is nothing wrong with being loyal to the one company, there is also nothing wrong with shopping around for a better deal. Get online and see what companies are on the market that can offer better priced and better suited solutions.

Tip 5: Pay all bills on time

One of the best ways to save money is to pay all bills on time. Today, a lot of companies – including banks, telecommunication businesses, electricity suppliers etc - will charge late payment fees if bills are not paid on time. For those who struggle to remember when bills are due, the trick is to put a reminder in your calendar. This will make sure you pay every bill on time and do not incur a costly late payment fee.



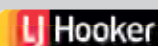
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easier access with clickable sections, direct email and web
links.

The submission process remains unchanged, please see the
table below.

SUBMIT VIA EMAIL: **community@northlakesmessenger.com.au**

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise

North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

Our 'Families, Favourites & Fantasies' morning conjured up many a tale of love & compassion, joy & admiration, ambition & desire, some of which qualified for censorship or anonymity. Set up in groups of eight, 65 members and visitors were presented with various questions which were answered in turn when it started to occur to others that they may have come from the same town, knew the same people, travelled to the same destinations at the same time even, or shared the same fantasies. This was all about Fun & Friendship and if the happy laughter that filled the hall was anything to go by, it was a very successful morning indeed!

Tuesday 2nd August 09:45 MONTHLY GENERAL MEETING. This is our usual gathering of members and visitors as our Executive Committee run through our agenda, look for ideas, enter into open dialogue and take votes on certain venues. These meetings are the corner stone of our ongoing weekly events and involvement in our local community.

Tuesday 9th August 09:45 IN-HOUSE ACTIVITY – Always a fun meeting with a good attendance and a lot of interaction. TBA

Tuesday 16th August 09:45 CENT AUCTION. We have some amazing items up for auction including loads of restaurant vouchers and some big ticket items such as vouchers from Bunnings and a golf membership. Good luck with your endeavours, hopefully you will take something home with you. This is always such a fun event. For further information, including contributions, please contact Sue B; 0418 785 944 or 3886 5881. Members only.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.

THE MESSENGER online

A new edition is available every Thursday morning at 9am
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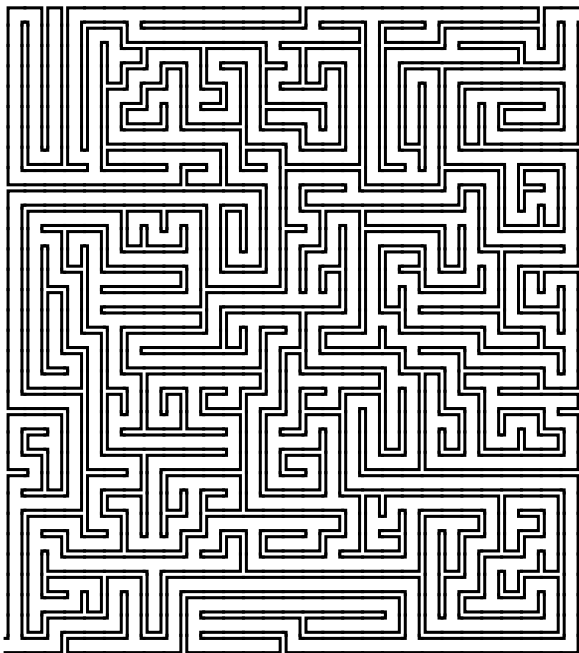
Instagram

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Sudoku

5					4			
	6	1			3		8	
		4		9		1		
8	2		7		5			
	7			6			5	
			8		9		2	1
		6		2		5		
	1		5		4	6		
			9					8

Amazing Mazes

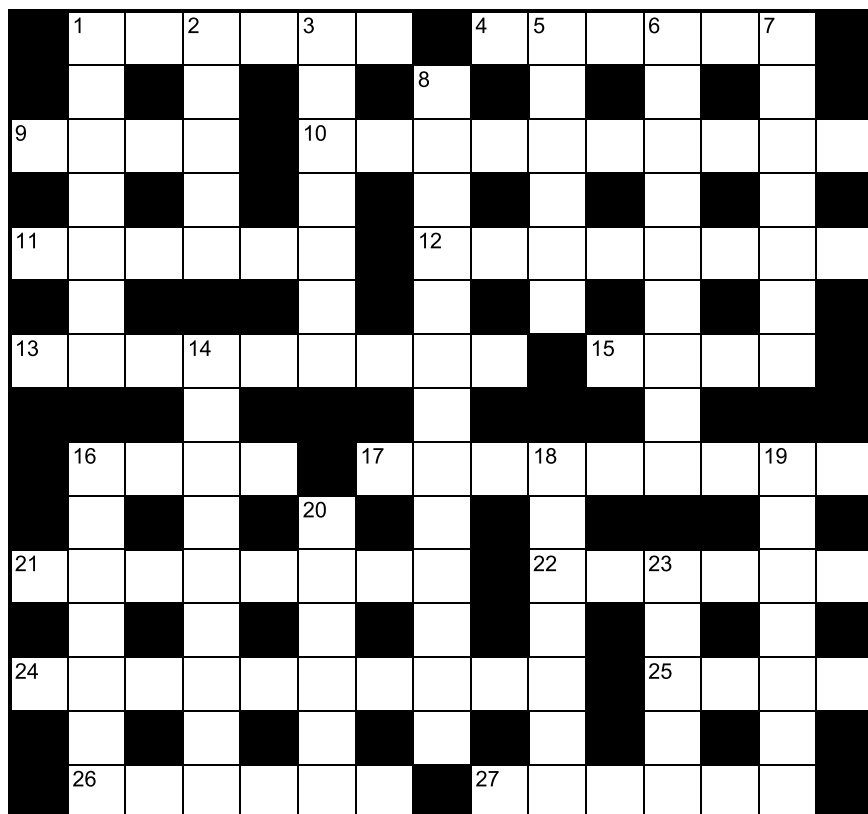


Crossword Solution from last issue

H	E	C	K	L	E		B	A	C	C	A	R	A	T
O		O		A				C		A		A		H
M	A	N	I	C			C	I	C	A	T	R	I	C
E		S		E			R		O		C		S	F
S	N	O	W	S	T	O	R	M			H	O	I	S
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C	O	M	M	I	S	S	I	O	N	E	R			
K		E		N			B		D		N		C	A
				R	A	R	E	F	A	C	T	I	O	N
E		K		U			N		T			D		S
A	G	I	N	G			C	R	I	T	I	C	I	S
R		T		U			H		O		M		F	R
W	A	T	E	R	F	E	R	N			I	D	I	O
I		E		A			R				D		E	E
G	E	N	T	L	E	S	T				H	E	E	D

Crossword 6274

Kindly provided by removals specialist- Laurie Stibbe



ACROSS

- 1 Reproduced
- 4 Decrees
- 9 Elaborate song for solo voice
- 10 Ekka
- 11 Three miles or football code
- 12 Derision
- 13 Emphatic declaration
- 15 Shields from danger or harm
- 16 Incites
- 17 Ludicrously odd
- 21 Threshold
- 22 A trying experience
- 24 Sadness from being forsaken
- 25 Bulge or swelling
- 26 Pertaining to previous day
- 27 Lay eyes upon

DOWN

- 1 Vocations
- 2 Car or plane crash
- 3 Abstract part of something
- 5 Person of no influence
- 6 Whales, dolphins, porpoises
- 7 Corrupted
- 8 Creator of new dances
- 14 Avidity
- 16 Environmental science
- 18 Baby's foot
- 19 Done without assistance
- 20 Australian idiom
- 23 Warrigal

The Messenger Handy Hints

Wash your vegetables and fruits with hydrogen peroxide to remove dirt and pesticides. Add 1/4 cup of peroxide to a sink of cold water. After washing, rinse thoroughly with cool water.



To get your Handy Hint into The Messenger, just send a short (50 words or less, includes title) description to adz@northlakemessenger.com.au

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- ✓ Twin turbo engine for low speed torque & high speed power - 103kW & 340Nm
- ✓ Over 1.2 tonne payload and up to 2 tonne towing weight
- ✓ 12 month/30,000km service intervals
- ✓ Three Free scheduled services
- ✓ Up to 3.75m load-through length on SWB
- ✓ High standard equipment levels – Bluetooth®, ~ Reverse camera & sensors, cruise control & speed limiter



SWB Single or Twin Turbo



LWB Twin Turbo

Village Renault

427 Elizabeth Ave, Kippa-Ring, 4021. PH: 1300 656 749 VillageRenault.com.au

*Drive away price for the Trafic SWB Single Turbo Manual with non-metallic paint, valid for vehicles ordered between 1/7/2016 and 30/9/2016 while stocks last. Renault reserves the right to vary, extend or withdraw this offer. Offer available to ABN holders only, and excludes Government and fleet buyers. †Five (5) year/200,000km warranty offer (which includes two (2) years Extended Manufacturer Warranty) and 5 year/200,000km Roadside Assistance both apply to all new or demonstrator Trafic models valid from 1/7/16 to 30/9/16. Warranty and Roadside Assistance valid for 5 years or 200,000km (whichever comes first) from new. Demonstrator vehicles receive balance of new vehicle warranty and Roadside Assistance. Renault reserves the right to vary, extend or withdraw this offer. Roadside Assistance terms and conditions apply. Call our Customer Service Team on 1800 009 008 or view the Terms and Conditions statement at www.renault.com.au/drivingpeaceofmind for details.

5 YEARS UNLIMITED KM WARRANTY	5 YEARS ROADSIDE ASSIST	3 SERVICES CAPPED PRICE
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